



***Key Focus Areas
for the High School
Season***

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Core Rugby Values



Pre-Game Chat

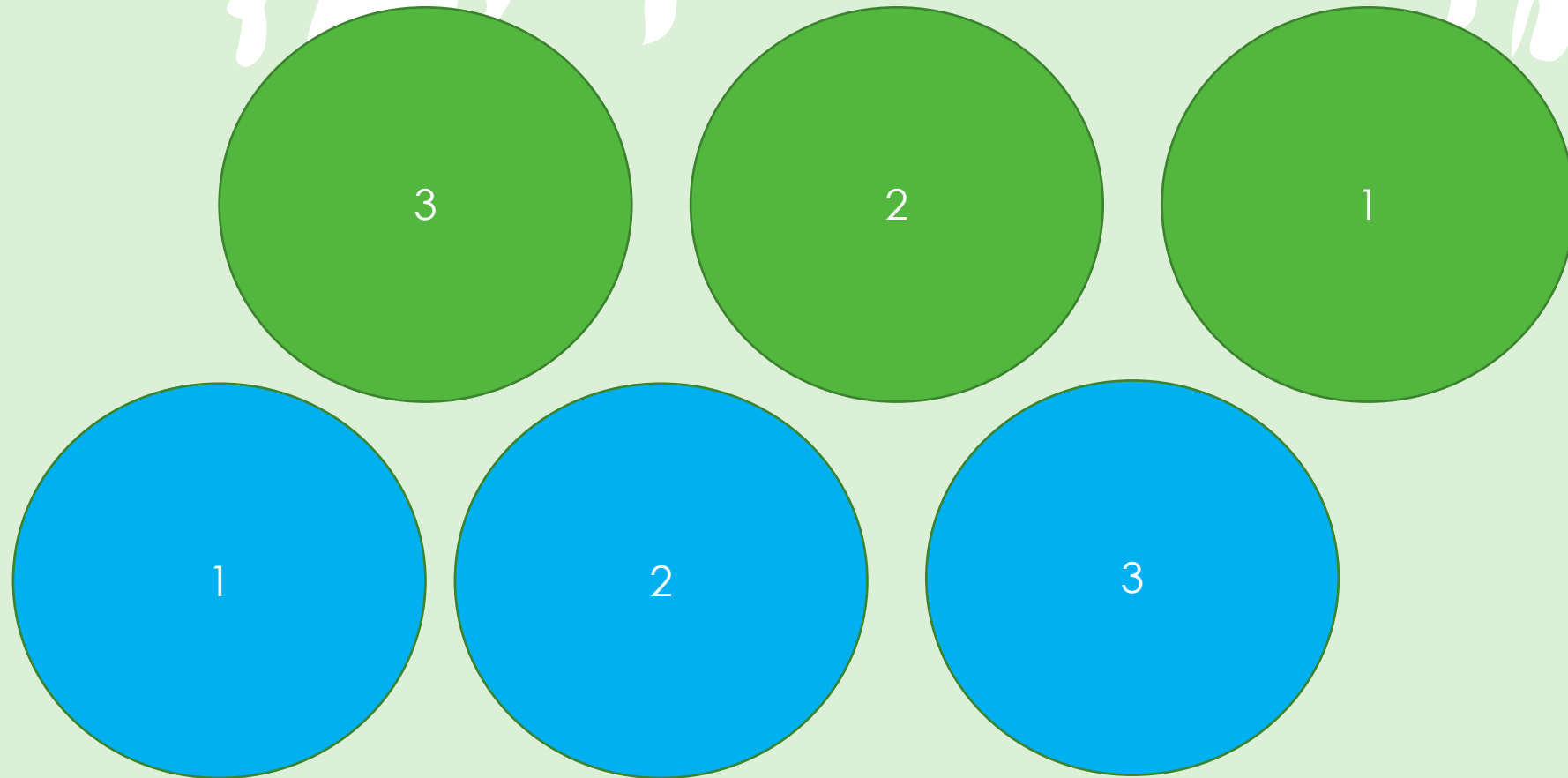
- Keep the chat clear and concise – there's no need to ramble on.
- Set your expectations with the front row.
- Have questions run through the captains.
- Other tips?



SCRUM

- Slow scrum setup
- Body positions
- Bindings
- Positioning

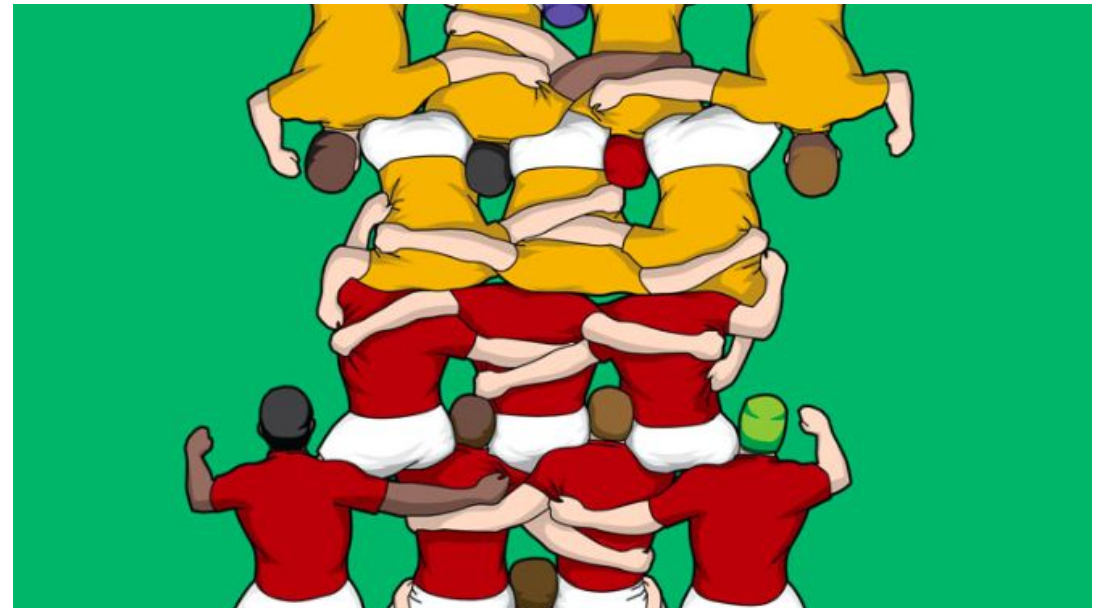
SCRUM ALIGNMENT



BINDING

- ▶ 11. When both sides are square, stable and stationary, the referee calls “bind”.
 - a. Each loose-head prop binds by placing the left arm inside the right arm of the opposing tight-head prop.
 - b. Each tight-head prop binds by placing the right arm outside the left upper arm of the opposing loose-head prop.
 - c. Each prop binds by gripping the back or side of their opponent's jersey.
 - d. All players' binding is maintained for the duration of the scrum.

Sanction: Penalty.





UNSKILLED PLAYERS?

What to do:

- Prioritize safety.
- Help them get to better positions.
- **Remember:** you're not the coach. It is NOT your job to teach them everything.
- Remain patient - this will help you get buy in from players.
- Buckle up, you could be in for a long day.
- Other tips?



U19 VARIATIONS

- Match last 70mins
 - 35min halves
 - 17.5min (ish) quarters
- Numbers in the scrum **MUST** match (8v8/7v7/6v6/5v5)
 - 7 players: 3-4 (no number 8)
 - 6 players: 3-2-1 (no flankers)
 - 5 players: 3-2 (no number 8 AND flankers)

U19 VARIATIONS continued

- Scrums are to be reset if unintentionally wheeled beyond 45 degrees.
- **1.5m** push in the scrum
 - Sanction?
 - Free kick



THE RUCK

- Priorities (review)

1. Tackler/Tackle Assist

- CLEAR THEM FIRST!

- More often than not, the tackler/tackle assist cause rucks to be messy.

2. Tackled Player

3. Arriving Players

TACKLER AND TACKLE ASSIST

- Must comply first!
 - If the tackler does not comply, we cannot move forward in our 'checklist'
- Must release and move to allow the ball to be played (roll away)
- May also release (clear release) and get back to their feet to play the ball
 - Must go through the gate to be legal
- Must not 'take space' beyond the ball
 - Taking space at the breakdown without entering the game may affect the attacking team's cleanout



TACKLED PLAYER

- Must comply after the tackler / assist tackler
- Must make the ball available
 - Doesn't necessarily need to release the ball but simply has to make it available for other legal players
- Needs to roll away **ONLY** in the case of successful counter-ruck
- If the tackled player does not comply, we cannot move forward in our 'checklist'

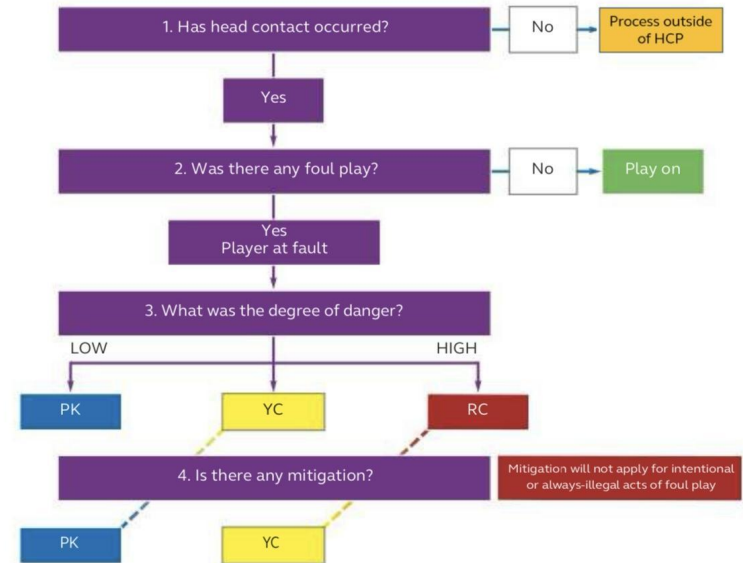


ARRIVING PLAYERS

- Matter ONLY if tackler and tackled players comply.
- Must come through the gate.
- Must keep their feet.
- May play the ball with their hands unless a ruck has already formed.
- Should be penalized if their infringements affect the contest or the ball.

Head Contact Process

In effect: 9 March 2023



Context

Player welfare drives World Rugby’s decision making for zero tolerance of foul play, especially where head contact occurs.

The focus must be on the actions of those involved, not the injury - the need for an HIA does not necessarily mean that there has been illegal head contact.

The ‘power of choice’ for tacklers is crucial, especially as 72% of head injuries occur in the tackle.

There needs to be an understanding that tacklers stay up to allow them to ‘adjust and react’ - dropping quickly into the low tackle entry position - using their ‘eyes and feet’ to get their timing right.

It is important that coaches and players continually develop safe tackling techniques in training.

FOUL PLAY



KEEP THE GAME SAFE

- High tackles
- Shoulder charges
- Contact in the air
- Dangerous play
- Taunting and/or inappropriate language
- Others?



***ACCEPTABLE vs
UNACCEPTABLE
BEHAVIOR***

Discuss!



***How to handle
players/coaches who are
arguing or acting out of
line***

Discuss!

A light green brushstroke background with a textured, painterly appearance. The stroke is horizontal and slightly curved, with irregular, feathered edges. The color is a soft, muted green.

***Questions, Comments,
Discussions?***